

Celebrity Pg 14

Von Teese puts career first



Man convicted of abusing children charged again

TRANSIT A man convicted of sexually touching small children in a public pool in Spruce Grove has been arrested on similar charges shortly after his release from prison.

Mounties arrested 39-year-old Andrew Lyle Carrigan Tuesday, after a report that an adolescent girl was groped from behind while standing in line at a Spruce Grove restaurant on Feb. 6.

Carrigan was recently released from prison for a sexual interference conviction after he sexually touched children in a pool at the Tri Leisure Centre, almost one year ago. He made his first court appearance yesterday.

METRO EDMONTON

Sports Slip sliding away



An ice skater is backlit by the late afternoon sun while skating on the pond at Hawrelak Park on a warm Wednesday afternoon.

Obama fever hits Ottawa on eve of trip

Obama's Visit

POLITICS David de Weerd drove nearly six hours through the cold and then the snow yesterday to help bring a warm welcome to U.S. President Barack Obama on his first official visit to Canada.

"I'm not going because I expect to shake his hand or meet him personally or anything of that sort," de Weerd said yesterday as he drove to Ottawa. "I really am just concerned that the world sees the real character of Canadians when he comes to visit."

De Weerd, 47, said he had been planning for weeks to join the crowd hoping to glimpse the presidential motorcade — maybe even a wave from the man himself — as it speeds up Parliament Hill just before noon today.

Obama T-shirts, Obama coffee beans and even an Obama burger heralded the new president's arrival as well-wishers planned rallies and police raised barricades yesterday.

Security will be tight in the city during the first foreign visit Obama makes as president. Gov. Gen. Michaëlle Jean will meet him at Ottawa International Airport around 10:30 a.m. when he arrives for a seven-hour visit.

Obama will hold no public events or sightsee as he and his advisers meet with Prime Minister Stephen Harper. The leaders are expected to focus on the economy, the war in Afghanistan, the environment and other issues the two nations share.

TORSTAR NEWS SERVICE
MORE COVERAGE, PGS 4, 6 & 9

Riding the Recession

Looking for ways to save money and ride out the economic storm? For the next six weeks, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

Food

• What local eatery will leave you feeling full and your wallet not feeling empty — it's Meals for a Steal, pg 11

Beauty

• A look at the bright side of a recession-added New York Fashion Week, pg 12

Tomorrow

• How independent businesses are trying to attract new customers.



ShareYourViews

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Muggings on the rise

Personal thefts up as high as 31 per cent, city police say

JEFF CUMMINGS
jeff.cummings@metronews.ca

An alarming rise in number of personal robberies this year in Edmonton has made the city's top cop ask for public help.

Personal robberies have shot up as high as 31 per cent in 2009 so far, according to police figures, and police Chief Mike Boyd says people must do more to protect themselves.

"We want to stop it now, we want to turn this around, and we are looking for the public's help," said Boyd. "We need to work to-

gether to make our city safer."

Boyd said people are leaving themselves vulnerable at night by exposing electronics such as iPods and smart phones in robbery "hotspots" such as bus terminals or public roadways.

And when they get robbed, people don't often call police right away for help, said Staff Sgt. Steven Chwok, who adds that it hampers city cops in finding the suspects.

Boyd said the suspects would sometimes swarm their victims in those hotspots, where police will now show a bigger pres-

"We need to work together to make our city safer."

Police Chief Mike Boyd

ence with more uniformed and plain-clothed officers in those areas.

"This is about maintaining the quality of life in our city," said Boyd, who also vowed to use the police service's helicopter to clamp down on the problem.

Edmonton police have dealt with 118 robberies so far this year, including 44 within the downtown core.

In some instances, vic-

tims would be swarmed by a number of suspects and knives or guns were used in roughly a third of all of the city's robberies this year.

Boyd said police will take advantage of a section in the criminal code by providing crown prosecutors with "threat assessments" of suspects once they are arrested so the courts have "all the information" before deciding whether or not they should be released.

"The courts (are designed) to protect society," he said. "We are going to provide the information from our investigations to enable the courts to do just that."

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The Government of Canada's proposed Economic Action Plan contains new tax measures that may benefit you.

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Inaugural meeting for Edmonton's Citizen Panel is Saturday

Edmonton's Citizen Panel of 53 randomly selected Edmontonians meets for the first time Saturday. The public is invited to watch real citizens weigh in on city spending priorities. The first and last hour of the meetings will be broadcast via the Internet in a live webcast at www.edmonton.ca/citizenpanel.

METRO EDMONTON

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Local



Beyoncé Edmonton-bound

Pop diva Beyoncé, left, will be tearing the roof off Rexall Place next month. Tickets for the March 26 show go on sale Saturday, and are available through Ticketmaster for \$125, \$99 and \$69.

METRO EDMONTON

Hell's Kitchen

8 Tonight



Citytv

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Police to review Brown case

ALLEGATIONS Police Chief Mike Boyd says the service will review how police handled the matter that led to Douglas Brown's arrest after allegations that mistakes were made by a rookie officer.

Brown, a police officer, was charged with five counts of impaired driving following a crash while he was off duty last May, but a judge threw out the charges last week, saying there were insufficient grounds for the arresting officers in taking a breath sample.

Brown still faces five counts of dangerous driving.

METRO EDMONTON



Video

Obama-mania washes over Ottawa at metronews.ca/canada



Lotteries

Lotto 6/49: 11, 17, 34, 37, 41 & 49. Bonus 5. These results are not official.

Group gets second chance

New Skills Link program to help inner-city youth

VICTORIA HANDSIDES
victoria.handysides@metronews.ca

Struggling to find a place to sleep each night was Jonathan Robert's main priority in high school, a trend that would continue and spiral out of control when he entered the job market.

"I was out on the streets panhandling, and the next thing I knew, I was out doing illegal activity. I lived carelessly and found myself in bad situations, often," he said.

Robert, 29, joins a group of a dozen inner-city youth struggling to enter the workforce, whose resumes are padded by years of homelessness, teenage parenthood, drug abuse, and stints in jail.

A boost of more than \$200,000 from the federal government will give the selected group a chance to recognize and hone its "employabilities."

A 16-week program at the Action for Communities Society of Edmonton called Skills Link will help

BEN LEMPHERS/FOR METRO EDMONTON



Conservative MP Laurie Hawn speaks to 21-year-old Donavin Weatherall after announcing federal support of an employment program for inner-city youth called Skills Link.

"I hope to gain stability to become more confident, keep my word, and understand what it is to earn a living."

Jonathan Robert

each participant realize his or her own existing talents, and arm them with skill sets needed to retain employment in a competitive market.

"They need help with simple life skills, not just job training. They'll get it here," said MP Laurie Hawn. "They're bright young people that may not

have had the opportunities that some of us have had."

Robert said feeling isolated from working-class people his age contributed to difficulty getting a job, adding the new program is a lifesaver.

"I hope to gain stability to become more confident, keep my word, and understand what it is to earn a living."

Cameras will keep an eye on drivers

INTERSECTIONS Lead-footed drivers better gear up for a rude awakening as police prepare to install multi-use cameras at dangerous intersections.

The new cameras will record speeds through intersections whether the light is red, yellow or green.

The new sites haven't been chosen yet, but will be high-collision locations where speed has been an issue, like the intersection of 34 Avenue and 91 Street.

Of the 453 traffic fatalities in Alberta last year, approximately half were at intersections. Speed was a contributing factor in the majority of crashes.

"If you can decrease the speed, you're going to decrease the severity of collisions," said Staff Sgt. Bill Horne.

After cameras are installed in May, drivers caught speeding will be issued warnings in the mail. Actual tickets will begin to be issued in June.

Tickets will not carry demerits, but could have fines as high as \$250.

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A pedestrian in Ottawa yesterday walks past a poster of U.S. President Barack Obama, in advance of his visit. Prime Minister Stephen Harper gave an interview on CNN yesterday in which he told Americans that "Buy American" policies threaten the global economy. Trade is expected to be discussed today when Obama and Harper meet for the first time.

15 minutes at the airport for Iggy

OBAMA Liberals are accusing Prime Minister Stephen Harper of snubbing Michael Ignatieff after it emerged that President Barack Obama's traditional meeting with the parliamentary Opposition leader has been relegated to a 15-minute chat in a holding room at the Ottawa airport.

TORSTAR NEWS SERVICE

News in brief

NAFTA Critics of the North American Free Trade Agreement say they do not expect U.S. President Barack Obama to leave Ottawa today with a blueprint to fulfill his promise to renegotiate the pact. While NAFTA is on the agenda for the visit with Prime Minister Stephen Harper, the short sessions will allow little time for detailed discussion.

REUTERS

Protectionism risky: Harper

Obama's Visit

On the eve of a visit by U.S. President Barack Obama, Prime Minister Stephen Harper has warned Americans that protectionist moves on trade risk a worldwide depression.

"This is a huge risk to the world right now. If there is one thing that could turn a recession into a depression, it is protectionist measures across the world," Harper said in an interview with CNN yesterday.

With Obama making a highly anticipated visit to Ottawa today, Harper used his interview to deliver a

pointed message to an American audience, saying that the "Buy American" provisions in the U.S. stimulus package "have been a concern worldwide."

"Part of the reason we're all committed to co-ordinated stimulus is we want to stimulate the global economy. We're in a global economy, not just our national economies," he told CNN's The Situation Room with Wolf Blitzer.

While Harper said he was encouraged by Obama's reassurances that the U.S. would live up to its international trade treaties, he said Ottawa would carefully watch the implementation of the stimulus package.

TORSTAR NEWS SERVICE

Charges laid for buying baby

A U.S. couple held in Egypt on charges of buying two newborn babies — a boy and a girl — had long suffered from infertility and dreamed of children who would share their mother's Egyptian heritage, a family member said.

The couple, Louis Andros and Iris Botros, travelled to Egypt last year to adopt the infants and bring them to their home in North Carolina, where they own a Greek restaurant.

They did not realize there was no legal way for them to adopt in Egypt, the family member said.

"They were so happy. They were crazy happy," Shawn Botros, Iris' brother, said in a telephone interview.

"They were so happy. They were crazy happy."

Shawn Botros, family member

"Somebody called them from Egypt ... and said, 'We found kids for you to adopt.' She (Iris) went to Egypt. She didn't do any research.

"She is the type of person who does not think ahead of the situation ... They called me from Egypt, they were so happy. They got the kids. The kids were beautiful."

The couple named the children Alexander and Victoria, and Louis referred to the baby girl as

his "little princess."

Then everything changed.

The couple was arrested and jailed in Egypt, charged with buying the children and obtaining forged birth certificates.

Their lawyer, Sameh Ahmed Saleh, said the pair had been in contact with an official from a Christian orphanage who Iris had believed would help them adopt both the three-month-old babies.

He said the woman, Mariam Rizkallah, had given the couple forged birth certificates listing Iris and Louis as the parents.

Rizkallah is also in jail, awaiting trial.

REUTERS

Allies hit over Afghan opium trade

DRUGS Afghanistan's allies can and must do more to combat the smuggling of chemicals used to make heroin into Afghanistan, the world's largest opium producer and exporter, the counter narcotics minister said yesterday.

"Let's work together against precursors," General Khodaidad told an international security conference, referring to chemicals used to turn opium into highly addictive heroin.

"Sixty-two intelligence agencies are active in Afghanistan, and we still cannot find the bad people! They are not doing their job very well," he said.

Afghanistan's poppy fields produce most of the world's opium, but Afghan officials say drug traffickers are increasingly using chemicals to convert it into heroin before it is shipped abroad, producing greater profits.

REUTERS

Brussels Faceless protest



Peace activists and Czech mayors hold banners to protest against the U.S. missile shield program during a march in front of the EU parliament in Brussels yesterday. The U.S. wants to install the radar system in Poland and the Czech Republic to counter "rogue" states such as Iran.

News in brief

MIDDLE EAST Israel decided yesterday against lifting its border blockade of the Gaza Strip until Hamas agreed the release of a captured Israeli soldier, Reuters reports.

U.K. The jury in the trial of eight men accused of conspiring to murder by blowing up airliners was discharged yesterday for "legal reasons," BBC News Online reports.

CAMBODIA Lawyers at the trial of Pol Pot's chief torturer argued yesterday over the admissibility of footage of the torture centre, Reuters reports.

METRO NEWS SERVICES

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Comment & Views

Comment

Obligation not celebration

Home&Abroad

Andrew Cohen

Canada & world insight

Barack Obama comes to Ottawa today, and you have to wonder why. He will see nothing of the capital and the capital will see nothing of him.

This supernova will be little more than a flash across our northern sky. His visit is as perfunctory as a campaign stop. The tone and timing is more about domestic politics and presidential logistics than bilateral relations.

Why leave Washington at all? For all that he and Stephen Harper are doing in public today, they could have talked over a webcam. Or a BlackBerry.

The answer is this visit is more obligation than celebration. The U.S. president thinks he should make his first foreign trip to Canada, which isn't necessarily the tradition, but is still something we should honour and appreciate.

Sadly, the visit isn't a celebration of a successful relationship between peoples who are more alike than any two on Earth. After the unpopular George W. Bush, it is an opportunity for renewal, and both countries should have waited until it could be done right.

The truth is there is nothing that compels a president to visit Canada to-

day, in the midst of an economic crisis. When Americans think of Canada, there is "no fierce urgency of now."

Simply put, Obama is coming to Canada because it is convenient. It allows him to say that he came here to meet his counterpart, exchange pleasantries, do some business and fly home for supper.

It also allows his inexperienced White House to test things before he makes a serious visit abroad. In that sense, Canada is Obama's shakedown cruise.

Because he frets that Americans will think he isn't taking care of business at home, this isn't a state visit. He won't stay overnight. He won't bring his wife. He won't sip champagne at a banquet with

Obama's Visit

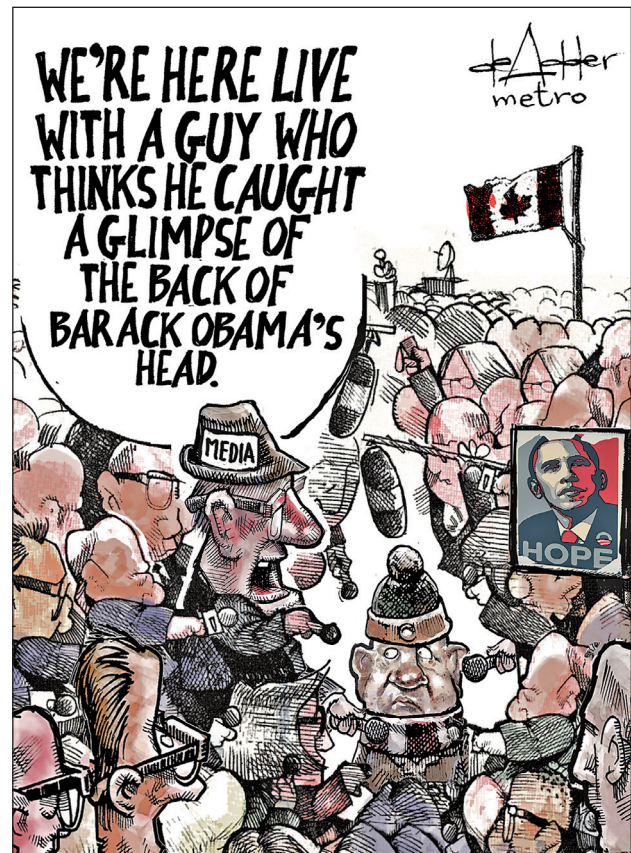
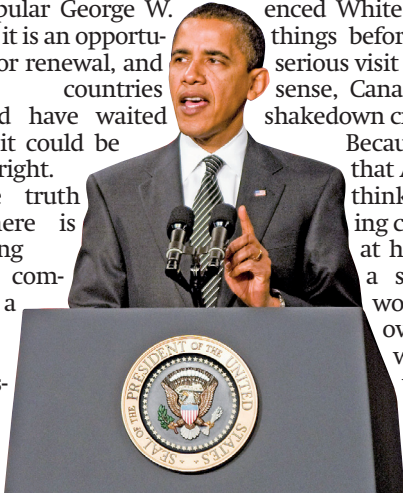
the Governor General (who, desperate to see him, will appear at the airport).

Most important, the U.S. president won't address Parliament. He wants his first major speech to be to Congress later this month.

For his part, Harper knows that Obama is much more popular than he is. He knows the U.S. president will challenge him on the environment. And he worries Obama could emerge as a third force in Canadian politics, aligning himself with the opposition here.

So, a lightning visit by a phantom president discharging a diplomatic duty suits Prime Minister Harper as much as it does President Obama. Canadians are the losers.

Andrew Cohen, a professor and journalist, is the author of *Extraordinary Canadians*: Lester B. Pearson.



Letters

Getting high makes you more careful, says study

Another one of the overhyped stereotypes around marijuana users has just bitten the dust. For years people assumed getting "stoned" made you either lazy or careless. But what if marijuana use actually made you more careful and less likely to screw up and hurt yourself?

A new Swiss study published at Bio-Med Central concludes exactly that. Marijuana can protect you from injury. The study compared injuries that required hospitalization. The authors' conclusions were surprising. Marijuana use is not associated with increased risk of injury — marijuana users actually get injured less than sober people. "The results for cannabis use were quite surprising. The present study in fact indicated a protective effect of cannabis use in a dose-response relationship."

"Great news," proclaimed Prince of Pot Marc Emery. "We've said for years that marijuana users are responsible and productive members of society."

The authors of the study agreed, speculating that the effects of marijuana, in con-

trast to alcohol, make you more likely to avoid risky situations.

JACOB HUNTER, VANCOUVER

Helping children survive

We can't imagine several hundred Canadian preschool children dying every single day, can we? Unfortunately, this is the situation in many other regions of the world. According to UNICEF, 9.2 million children under the age of five, or 25,000, succumb daily to a host of health challenges. The causes of death vary, but the root cause is almost always extreme poverty.

Canada has been a leader in providing basic immunizations in countries around the world, and the single largest distributor of insecticide to treat bed nets. These targeted realizations are praiseworthy, but they don't seriously fight extreme poverty. To be more effective in the war against poverty, our country must also work towards the true emergence of our democracy and other democracies in the world.

BRUNO MARQUIS, GATINEAU, QUE.

Views

Canada: A cult with fetish for the past

The WestView

Paul Sullivan

Journalist & media consultant

The National Battlefields Commission has cancelled the 250th re-enactment of the Battle of the Plains of Abraham scheduled for this coming August.

I don't know whether to laugh or cry.

First, I didn't know some of the few taxpayer dollars I have left go to something called The National Battlefields Commission, and have, apparently, since 1908.

Second, call me crazy, but is it a good idea to rub salt in what is still a raw wound in the body politic of what was New France? It would be like the good people of Man-

itoba and Saskatchewan re-enacting the hanging of Louis Riel. Feelings are still a little raw in this young nation of ours — or, if you prefer — in these young nations of ours. We're not ready to make nice, I guess.

It's hard to tell who's the real villain here: Les Idiots at the Commission who thought it would be swell to have a masked ball and other frivolity to commemorate the defeat of the French and the deaths of opposing generals Wolfe and Montcalm.

Then there's the Réseau de Résistance du Québec, a group of fierce separatists who promised to kick some ass if the re-enactment took place.

Fearing a more authentic replay of the battle than it bargained for, the Commission whipped out the white flag it keeps on hand for such occasions and "Je me Souviens" became "Fuhged-daboudit" quick march.

Feelings are still a little raw in this young nation of ours ... We're not ready to make nice, I guess.

Someone pointed out there was a similar enactment 10 years ago under the Parti Quebecois and nobody complained. I guess it's OK to re-stage your own defeat, but it hurts when les maudits Tories try it.

Moi, I think they should indeed re-enact the Battle of the Plains of Abraham, but I think they should hold it at night, because much of what happens in Canada involving the Two Solitudes reminds me of these lines from the great Matthew Arnold poem Dover Beach, one of the saddest in any official language:

"Ah, love, let us be true
To one another! for the world, which seems
To lie before us like a land
of dreams,

So various, so beautiful,
so new,
Hath really neither joy,
nor love, nor light,
Nor certitude, nor peace,
nor help for pain;
And we are here as on a
darkling plain
Swept with confused
alarms of struggle and
flight,

Where ignorant armies
clash by night."

One day, perhaps in another 250 years, we'll be able to put it all behind us, and build a Canada that is no longer a cult with a fetish for the past. Now that would be worth celebrating.

Paul Sullivan is a Vancouver-based journalist, owner of Sullivan Media consulting, and editor-in-chief of Orato.com, the citizen news website.

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The Bank of Canada said yesterday it has appointed former International Monetary Fund adviser Timothy Lane as a deputy governor of the central bank, filling the spot vacated by Sheryl Kennedy in December. **REUTERS**

Business

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Auto bankruptcy viable: Analysts

A government-backed bankruptcy reorganization remains an option for saving General Motors Corp. and Chrysler LLC, analysts said yesterday, even though the automakers have said they would rather not go down that road.

GM and Chrysler asked for billions of dollars more in federal aid Tuesday and announced sweeping changes, including capacity reductions and job cuts. Some Wall Street ana-

Bankruptcy bills

- GM estimated that if it were forced to reorganize in a traditional bankruptcy, it could cost the government \$100

billion US.

- Chrysler estimated that the bill for its bankruptcy could hit \$1,200 per taxpayer.

lysts were disappointed that the restructuring plans submitted to the U.S. Treasury did not include key concessions from the United Auto Workers union and the automakers' bondholders.

One analyst said that

taking the bankruptcy option off the table would reduce the bargaining power of the companies.

GM has requested \$16.4 billion US in additional loans from the U.S. government for a total of up to \$30 billion.

The request came shortly after smaller rival Chrysler asked for another \$5 billion in aid.

David Leiker, analyst with Robert W. Baird, still sees bankruptcy as the best option for a reorganization.

"Though likely to be painful near-term, we continue to believe that the challenges to restructuring GM and Chrysler are too complicated to be met outside of a bankruptcy," Leiker said.

REUTERS

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Business in brief

HOUSING U.S. President Barack Obama pledged up to \$275 billion yesterday to help stem a wave of home foreclosures that sparked the U.S. financial meltdown, the next phase in an effort to lift the country out of recession.

LAYOFFS Commercial printer Transcontinental Inc. is slashing 1,500 jobs — or about 10 per cent of its workforce — as a "rapid deterioration" of the economy forces its customers to cut back on marketing spending, it said yesterday.

TRADE Canadian wholesale trade dropped 3.4 per cent in December from November, the largest month-over-month decrease for over five years, on lower exports and weaker sales in Canada, Statistics Canada said yesterday. **REUTERS**

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Report: Griffey to return to Seattle

Ken Griffey Jr. has apparently decided to return to the Seattle Mariners. Reports last night say the deal came after an agreement with the Atlanta Braves fell through. METRO NEWS SERVICES

Sports

EDITOR: JOHN.CHICK@METRONEWS.CA



Stegall retires

Winnipeg Blue Bombers receiver Milt Stegall retired yesterday as the CFL's all-time leader for touchdowns (147), TD receptions (144) and career receiving yards (15,153).

METRO NEWS SERVICES

Hoops and pucks



John Chick

john.chick@metronews.ca

One leader is an African-American christened by many as charismatic force for change who plans to turn the White House bowling alley into a basketball court. The other is an Anglo-Canadian maligned by many for stiffness who has been talking about writing a book on hockey history for at least three years.

So let's put aside dealing with the minutiae of the worst economic crisis of our lifetime, and talk about what Obama and Harper will likely at least touch on at some point today — sports — specifically hockey and basketball.

Sure one's a Democrat and the other a Conservative, but will they have anything in common sportswise?

It's hard not to find two sports more vastly different than hockey and basketball. Even though NHL and NBA seasons mirror each other and teams from each league share 10 arenas across North America, the culture of the sports differ greatly.

Hardwood vs. ice. Flair vs. grit. At last count, the NHL was 96.6 per cent white, while the NBA was 77 per cent black. Just ask certain Maple Leafs

Obama's Visit

fans what they think about the Raptors sometime.

Yet why does each sport suffer popularity issues in the other country?

In the U.S., the answer is clearer. South of the Mason-Dixon line, hockey has no relevance, mostly because of the absence of ice. It may not have stopped Gary Bettman and the NHL from expanding ad nauseam into the sun/Bible/non-hockey belt, but most kids outside New England,

B-ball upsides



- Shaquille O'Neal
- Hops, dunks
- Nicknames that don't simply add a "y" or "er" to the end of a player's surname

Michigan and Minnesota don't grow up playing it and therefore lack connection to it.

The same can't be said in Canada. It would be impossible to find a school in the country without at least two basketball nets, and an aimless drive through suburbia would find rims and back-

Even money

- Head-to-head, Harper probably spells H-O-R-S-E faster than you can say "Afghanistan." But while lacking a signature move

such as the Shawinigan Handshake, Harper likely gets Obama back in road hockey with a blazing wristshot.

boards on a large number of driveways.

Yet outside a handful of communities, the game takes a far back seat to hockey and paltry TV ratings outside Toronto and other areas helps drive the Canadian media's hyperbolic obsession with puck.

"People can relate to the average hockey player because the athletes come as much from small town Canada than any large urban centre," says Robert Schinke, associate professor at Laurentian University and co-author of a book called Cultural Sport Psychology.

The USA's Olympic hockey win over the USSR in 1980 consistently ranks as one of the greatest sporting moments in American history. Plus, it likely paved the way for cinematic masterpieces like Rocky IV.

Meanwhile, at the 1983 World University Games in Edmonton, the Canadian men's basketball team stunned a U.S. squad featuring Charles Barkley and Karl Malone en route to a gold medal. Unlike the Miracle on Ice stateside, it's barely remembered in Canada, and today the first five hits of a Google search titled "Canada USA basketball 1983" brings up nothing related to the

actual event.

But the process of getting basketball back to respectability in Canada is hopefully changing.

"We've taken steps in the right direction," says Toronto Raptors broadcaster and former national team player Sherman Hamilton.

Hockey upsides



- Alex Ovechkin
- Can usually expect every player to bust their butt
- Stanley Cup much nicer than Larry O'Brien trophy

"Nothing's perfect yet because the product's not finished ... but I think it's really started at the grassroots level."

And while like many others, Hamilton concedes that there needs to be a bigger financial commitment from both governments and the business community,

success itself can go a long way.

"Once our players reach maturity they have to win."

SCOREBOARD

NHL

WESTERN CONFERENCE				
NORTHWEST DIVISION				
	W	L	OT	P
Calgary	33	18	6	72
Vancouver	28	21	8	64
EDMONTON	29	24	4	62
Minnesota	28	24	3	59
Colorado	23	23	1	47
CENTRAL DIVISION				
	W	L	OT	P
Detroit	38	12	8	84
Chicago	32	15	8	72
Columbus	29	23	6	64
Nashville	27	28	3	57
St. Louis	24	26	7	55
PACIFIC DIVISION				
	W	L	OT	P

San Jose	38	8	9	85
Dallas	28	21	7	63
Anaheim	28	25	5	61
Los Angeles	24	22	9	57
Phoenix	25	28	5	55

EASTERN CONFERENCE				
ATLANTIC DIVISION				
	W	L	OT	P
New Jersey	37	18	3	77
Philadelphia	30	16	9	69
NY Rangers	31	22	6	68
Pittsburgh	27	25	6	60
NY Islanders	17	34	6	40
NORTHEAST DIVISION				
	W	L	OT	P
Boston	40	10	8	88
Montreal	30	21	7	67

Buffalo

Buffalo	30	22	6	66
Ottawa	22	25	9	53
Toronto	21	26	10	52
SOUTHEAST DIVISION				
	W	L	OT	P
Washington	37	16	5	79
Florida	29	20	8	66
Carolina	28	25	5	61
Dallas	19	27	11	49
Los Angeles	21	32	5	47

YESTERDAY'S RESULTS				
Washington 4	Montreal 3	(SO)		
Columbus 4	St. Louis 3			
Detroit 6	Nashville 2			
N.Y. Rangers 3	N.Y. Islanders 1			
Los Angeles at Anaheim				
TODAY'S GAMES				
EDMONTON at Dallas				

Calgary at Minnesota

Calgary at Minnesota				
Carolina at N.Y. Islanders				
Buffalo at Philadelphia				
Montreal at Pittsburgh				
Columbus at Toronto				
Vancouver at Ottawa				
New Jersey at Tampa Bay				
Chicago at Florida				
St. Louis at Nashville				
Atlanta at Phoenix				
Los Angeles at San Jose				

WHL

YESTERDAY'S RESULTS				
Calgary 5	Saskatoon 1			
Brandon 4	Medicine Hat 1			
Prince Albert 4	Moose Jaw 3			
Chilliwack at Kelowna N				

Seattle at Spokane N

Portland at Everett N

NBA

YESTERDAY'S RESULTS

Cleveland 93	Toronto 76
Charlotte 103	Indiana 94
Chicago 113	Milwaukee 104
Dallas 113	New Jersey 98
Denver 101	Philadelphia 89
Minnesota 111	Miami 104
New Orleans 117	Orlando 85
Atlanta at Sacramento	
Memphis at Portland	
Phoenix at L.A. Clippers	
L.A. Lakers at Golden State	

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Metro Homes

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EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Professional staging key in selling

MICHELLE LINDSTROM
for Source Media Group

Home staging. It's easy to do — if you have a professional nearby. Sometimes something as simple as where to hang a picture or position furniture properly is not as clear to those living in the space as it is to an outside party. The image of Grandma posed in a brass, ornate frame above the fireplace is lovely — but probably only for the ones related to your grandma.

Chris Lu, Sabal Homes' senior marketing manager, says people aren't willing to buy homes now before selling what they're in due to the recession. "It's something we just identified as an obstacle to sell more houses."

Sabal now offers a professional home staging option for existing residences when customers purchase and build a Sabal home. Lu feels home staging is an up-and-coming trend in both Calgary and Edmonton, where the builder's homes are found.

"We're going to help customers feel confident that we're going to make sure they get top value for their house," he said.

HGTV is a source Lu uses frequently to find upcom-

ing trends. He noticed a recent shift of programming from house-flipping to re-decorating and staging homes instead.

Yet Cheryl-Anne Priest, owner of staging company Inviting Spaces, says, "The HGTV shows have been extremely misleading." Her concern is the indication homes will sell over list price, as she doesn't think that's realistic presently. But she does agree a staged home will likely get a higher sale price than an unstaged property.

Another local home stager Karyn Elliott of Crazy House is, on the other hand, thankful for the staging TV programs spreading the

word about what she does for a living. She says the idea was not familiar in 1999 when she started her business.

"The first three years I had to pioneer the whole concept," she said.

Elliott's business model stemmed from a seeming lack of homeowners' ability or willingness to fix up and clean their properties before showing them to the public.

She created five steps in her process of home staging with clients, which include

cleaning (closets included), de-personalization (no personal photos), neutralizing (think toned-down paint colours), de-cluttering (a purge and storing of items) and dramatization (the final wow). She typically instructs her clients on how to complete the first four steps, but the last one is "the art of it," and involves knowing where furniture and art should be placed. "If they can get it right, they would have done it themselves already," she said.

Priest teaches home staging courses to break the myths of what it is and isn't. The biggest eye-opener for many of her students is the advice that there's more to it than making everything pretty. She also addresses who buyers will likely be and the need to stage for the purchasing market, not the current owner.

"A lot of the people selling are in their 50s, 60s, 70s now (and) they are downsizing," she says, adding many think the home they're selling is perfect as-is considering it housed them and five kids for decades. But, she says, the key factor they're not seeing is that buyers today are 30-year-olds with active lifestyles and don't want homes requiring hours of yard work and home maintenance.

EDITED BY METRO EDMONTON



Home staging is an up-and-coming trend in both Calgary and Edmonton, according to some experts.

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Fondue for film buffs

Another Wolfgang Puck recipe is a Gouda Fondue served with chunks of ciabatta, baguette and vegetables for a casual affair you can set up on your coffee table in view of the TV. Provide lots of napkins and nibble and dunk without missing any of the action. **METRO NEWS SERVICES**

Food

Wolfgang Puck made his name in Los Angeles when he opened Spago in 1982. He took pizza to a new level and one of his signature dishes is Smoked Salmon and Caviar Pizza. Barb Holland/for Metro Canada



Recipes
Find Puck's recipes for Gouda Fondue and pizza on wolfgangpuck.com/recipes.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

On the web

Liquid Assets

Peter Rockwell

- Liquid Assets columnist Peter Rockwell offers Oscar night drinks, paired for each of the best picture nominees. Visit metronews.ca




- To celebrate Mardi Gras' Fat Tuesday (Feb. 24), try baking this recipe for King Cake with Cream Cheese Cinnamon Filling, courtesy of cookbook author Holly Clegg. Visit metronews.ca

Spoonfuls of Oscar glam

À la carte



Barb Holland
Metro Food Writer

Gather your friends together for the upcoming 81st Annual Academy Awards, otherwise known as the Oscars. To dine like the stars, we look to Chef Wolfgang Puck for inspiration. For 15 consecutive years, Puck has catered the official Oscar Party. For dessert, here is a recipe from Desserts by the Yard: From Brooklyn to Beverly Hills: Recipes from the Sweetest Life Ever by Wolfgang Puck (Foreword), Sherry Yard

The 81st Annual Academy Awards

(Author), Martha Rose Shulman (Contributor). As Executive Pastry Chef in Puck's Spago empire, she annually creates 1,700 or so perfect desserts for the Governors Ball following the Oscars.

Chocolate Mousse
Makes 6 servings.

INGREDIENTS:
• 8 oz (250 g) good quality bittersweet chocolate
• 1 1/4 cup (60 ml) brewed espresso
• 2 tbsp (30 ml) Grand Marnier liqueur
• 1 cup (250 ml) whipping (35%) cream

- 2 eggs, separated
- 6 egg whites, at room temperature
- pinch of cream of tartar
- 2 tbsp (30 ml) sugar
- Whipped cream and chocolate shavings (garnish)

METHOD:
Place chocolate in food processor fitted with knife blade; pulse to chop chocolate very fine.

In a small saucepan, combine espresso, Grand Marnier and 2 tbsp (30 ml) of the cream; bring to a boil. Turn on food processor and add hot liquid with food processor running. Process until chocolate has melted. Scrape down sides. Continue to process until smooth. Add egg yolks and process until blended. Scrape into a large bowl.

In bowl of a standing mixer with whisk attachment (or hand held electric mixer), beat all 8 egg whites on medium speed. When they foam, add cream of tartar and continue to beat on medium speed while slowly adding sugar. Beat until they form medium peaks. Gently fold into chocolate base, in 2 additions.

In same mixer, beat remaining cream until it forms soft peaks. Fold into mousse. Spoon mousse into six ramekins or other serving cups and refrigerate for 2 hours or until set. Serve with whipped cream and chocolate shavings.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

Riding the Recession

Meals for a steal

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Ashley Dupré, the escort involved in the Eliot Spitzer scandal, caused a fracas at New York Fashion Week. She crashed designer Yigal Azrouël's fashion show last Friday and sat in the front row, causing the designer to come apart at the seams in the media. **TORSTAR NEWS SERVICE**

Style



From Wu who? to Who's Who

When 26-year-old fashion designer Jason Wu realized last month that he had designed what could become the gown of the century — Michelle Obama's white chiffon inaugural ball gown — he must have known his life could change forever. Now the designer's fall 2009 show, held during New York Fashion Week, was one of the most coveted invitations, right up there with Marc Jacobs.

TORSTAR NEWS SERVICE

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Jump into a one-piece

Style File

Kim Elbo



kim.elbo@gmail.com

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.



\$40

Shop Suit
Designer: H&M
Shop: H&M
Address: Various locations
hm.com



\$78

Overall
Designer: Mavi
Shop: Mavi
Address: Various locations
mavi.com

Tube Romper
Designer: Lav & Kush
Shop: Vasanji
lavandkush.com

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Looking on the bright side

Nine pluses to a recession-added Fashion Week:

- 1) Nearly all of fashion has slashed its budgets. That means much better people-watching on the subway.
- 2) Speaking of transportation, your odds of catching a taxicab between shows and parties just shot up too.
- 3) High fashion labels are still on sale, so you might actually be able to afford a nicer outfit for that party you want to crash.
- 4) Hour-long waits for a table at scenery restaurant

are a drag, we doubt you'll encounter them.

5) Your H&M finds have never been more popular or accepted.

6) You no longer have to feel like the only broke one who can't afford what's coming down the runways.

7) You now have a reason to dust off your Miu Miu bag from three seasons ago.

8) But if you don't have one, no worries. The It bag is dead, remember?

9) Undone hair is the new do.

METRO WORLD NEWS

ADVERTISING FEATURE



Just Ask Gay

Q My fiancé's parents are the only family on his side that will be at our wedding because they are from overseas. They do not speak English but I really want them to make a speech at our wedding. I would like some suggestions on how to incorporate them in our wedding. Maybe two MC's (one for English and one for Portuguese) or a bi-lingual program or have someone translating throughout the entire wedding? Please help!

A It's wonderful that you want your future in-laws to be a part of your special day. First, make sure they actually want to make a speech. A lot of people are uncomfortable with the idea of public speaking and with the language barrier, they may choose not to. Having someone translate for them is a great idea but you need to watch your timing. If the speech portion of your wedding gets too long, people can become bored. Keep it short and sweet. Other ways to make your in-laws a part of your wedding is to find special traditions that include the parents. Many Portuguese families prepare food for the wedding and reception — maybe your future MIL would like to help with that. Maybe a traditional dance you and your fiancé could learn from them. Bilingual programs and menus are a very nice touch as well. If you do get a translator, make sure they can stick around. If they leave right after the speeches, they won't have a way to communicate as you and your fiancé will be very busy.

If you have questions about your wedding day, send them to Gay at askgay@bridalfantasy.com.

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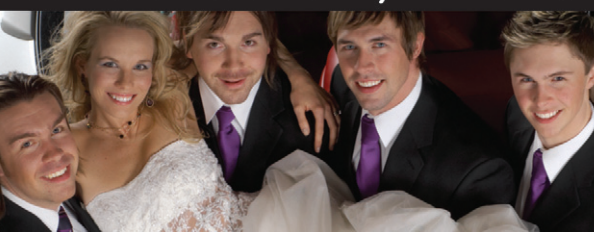
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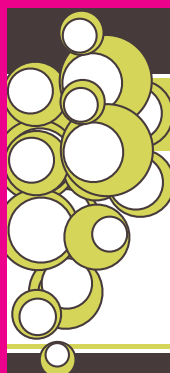
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Cover girl

The bosses of herbal health supplement Airborne have offered to hand over \$1 million US to charity if Oscar winners take their product up to the podium with them. The company made the offer to those competing for best actor, best actress, and best supporting actor and actress. FEMALEFIRST.CO.UK

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

The Associate

Shia LaBeouf is heading to law school — he is to star in a big-screen adaptation of renowned crime author John Grisham's book *The Associate*.

FEMALEFIRST.CO.UK

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Morrissey's Refusal has edge

Morrissey

Album: Years of Refusal
Label: Polydor/Universal
Rating: ●●●●

THERE'S AN over-the-top melodrama to Morrissey's vocal delivery that you either love or hate. But there's plenty on this new CD even Morrissey-haters can appreciate. The former Smiths' frontman has hooked up with an exceptional four-piece crew of garage artists that lends an underlying edge to his hammy emoting. He's even got guitar god Jeff Beck providing some superb cowboy/surf riffs on one track (*Black Cloud*). That's fortunate, because otherwise we've got a middle-aged man anxious to get off prescription pills (Something is Squeezing My Skull) and crooning about how he can only find love in French architecture (I'm Throwing My Arms Around Paris). Nonetheless, fans will again call this one of his best in years. They'll even like the mariachi horns on *When Last I Spoke To Carol*.

Graham Rockingham/for Metro Canada

Emm Gryner

Album: Goddess
Label: Dead Daisy/Outside
Rating: ●●●●½

WHEN DEALING WITH the dread of a damaged romance during a dreary cold winter, one needs time to be alone to make sense of it all. That's at least the impression left from this Ontario songstress' — and Dead Daisy label owner's — 11th album. Gryner's use of austere piano-based pop noir and stripped-down folk works satisfactorily with all those lyrical images of frozen lakes, skating rinks, the cold weather, burned-out buildings, drawing blood ... Vicious stuff here, tempered only by Gryner's soothing soprano. There's a good reason why the likes of Bono, David Bowie and Danny Michel have lauded praises her way.

Ian Nathanson/for Metro Canada

MusicReviews

music@metronews.ca

... And You Will Know Us by the Trail of Dead

Album: The Century of Self
Label: Justice
Rating: ●●●●

... AND YOU WILL Know Us By The Trail of Dead are one of those bands you either love or hate. They've amassed a following with their over-the-top epic rock songs, but grandiose guitars and soaring pianos aren't for everyone. Their latest sounds similar to their past releases, but without a major



Years of Refusal is the latest album from Morrissey.

backing them this time around, the group seem freer to expand on their proggy noise-rock sound. If you don't mind six minute-plus tunes and heavy dose of distortion then this will be a great listen (especially *Halcyon Days*), but it'll be tough to swallow for everyone else.

Bryan Borzykowski/for Metro Canada

Hot Panda

Album: Volcano...Bloody
Label: Mint Records
Rating: ●●●●

HOT PANDA ARE certainly enthusiastic — picture them as mop-topped 10-year-olds, bouncing on a mini trampoline as they play. The Edmonton-based band and its keyboard-driven, danceable indie-pop combine the tempo switch-ups and vocal styles of groups like the Clips and Clap Your Hands Say Yeah!. They push up the rhythmic elements — onomatopoeia singing, staccato percussion, and oompa basslines drive catchy

more online

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tracks like *Holes* and *Cold Hands/Chapped Lips*. The thumping breakdowns, punchy vocals and grooves on tracks like *Whale-Headed Girl* show us the energy; now the boisterous gang just needs to reign it in.

Rob McMahon/for Metro Canada

Listen to this week's reviewed music by following links at metronews.ca/music

ED	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
2/19/09	2	CFRN	239 318	etalk	Hollywood	ER (HDTV) (N)		CSI: Crime Scene Invstgtn.		Grey's Anatomy (N)		News (N)
	3	KHQ	- 370	News	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Name Is Earl	Kath & Kim (N)	The Office	30 Rock	ER (N)
	4	CBXT	- 307	NHL Hockey		CBC News	Wheel-Fortune	Coronation St.	Jeopardy! (N)	CBC News: The National	The Hour	
	6	KREM	- 372	News (N)	Hollywood	The Doctors		Survivor: Tocantins		CSI: Crime Scene Invstgtn.		Eleventh Hour
	7	CKEM	241 347	Law & Order: SVU		Hell's Kitchen (N)		Ugly Betty (N)		30 Rock	30 Rock	Your City
	8	CITV	240 339	ET Canada	Entertainment	Life "I Heart Mom" (N)		Survivor: Tocantins (N)		The Office	Kink in Hair	News Hour
	11	OMNI	-	Two/Half Men	The Simpsons	News		News		The Simpsons	King	Metropia
	12	CBXFT	119 705	Virginie (SC)	Infoman (SC)	Enquête (HDTV) (SC)		M pour musique (HDTV) (SC)		Le Téléjournal et Les Nou		TJ Alberta
	13	KXLY	- 371	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Ugly Betty (N)		Grey's Anatomy (N)		Practice
	16	KAYU	- 373	The Simpsons	Raymond	Two/Half Men	Two/Half Men	Bones (HDTV PA) (N)		Hell's Kitchen (N)		News (N)
news	19	CHTV	-	The Insider (N)	E! News	Name Is Earl	Kath & Kim (N)	To Be Announced				News (N)
	22	KSPS	- 374	NewsHour With Jim Lehrer		Health Matters, TV for Life		Poirot		New Tricks		Soundstage
	24	WTVS	- 364	Ask This Old	Michigan	Conquistadors (DVS)		Red Green	Summer Wine	Tavis Smiley	Charlie Rose (N)	
	15	CBGN	502	-	CBC News: The National	Dreams of Obama		CBC News: The National		CBC News: The National		Dreams of
	21	TWN	505 398	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	27	CNN	500 500	Larry King Live		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	54	CTVN	501 391	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	70	BNN	504 508	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play
	20	TSN	400 400	Westminster Dog Show		SportsCentre 360 (HDTV)		SportsCentre (Live)		Score Golf	Motoring 2009	Poker Night
	23	net	408 418	(6:30) NHL Hockey	Edmonton Oilers at Dallas Stars.			Sportsnet Con.	Flames Week	Sportsnet Connected		Oilers in Hour
sports	47	SPEED	417 406	Pinks -- All Out		Bullrun (HDTV) (N)		Pimp My Ride	Pass Time	Pinks -- All Out (HDTV)		Pinks -- All Out
	94	SCORE	410 403	NBA Basketball: Spurs at Pistons		NBA Basketball	Boston Celtics at Utah Jazz. (Live)					Final Score
	9	EDACC	267 351	Truth, Duty, Valour		Wife Swap		Eleventh Hour (HDTV) (N)		(10:02) Private Practice (N)		Truth, Duty
	14	YTV	552 543	Drake & Josh	iCarly	H2O, Just Add	Prank Patrol	Malcolm-Mid.	Futurama	Zixx Level	Prank Patrol	Falcon Beach
	17	TREE	553 546	Little Bear	Maggie-Beast	Comfy Couch	Rolie Polie Olie	Max & Ruby	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	42	TOON	555 545	Ben 10	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	X-Men (2000, Action)	
	45	FAM	557 541	Zoey 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	-	TVA	121 714	TVA 18 heures	Le Cercle (SC)	Histoires-filles	Star Académie:	La Classe de 5e (N) (SC)		Taxi 0-22 (SC)	Caméra café	TVA 22 heures
	18	CMT	575 583	Reba		Hope & Faith	Hope & Faith	Coyote Ugly	Coyote Ugly	Home Improve.	Home Improve.	Reba
	25	A&E	615 520	The First 48 (HDTV) (N)		The Beast "Hothead" (N)		The Beast "Hothead"		The First 48 (HDTV)		The First 48
family	26	MMM	571 581	Fabulous Life Of...		RuPaul's Drag Race		Listed "20 Dirty Ditties"		Party of Five		RuPaul's Drag
	29	FOOD	603 561	Unwrapped	Secret Life of	Family	Glutton-Punish.	Ace of Cakes	Ace of Cakes	Challenge		Unwrapped
	31	SHOW	617 522	Wife Swap		The Outer Limits		Love-Death	Love-Death	Trailer Park	Trailer Park	Silent Hill
	32	DISC	520 505	Scandals of the Ancient World		MythBusters		Daily Planet		Deadliest Catch		Machines
	33	SLICE	601 562	Last 10	Last 10	The Biggest Loser		ET Canada	Matchmaker	The Biggest Loser		Trading Sp
	34	W	602 567	Style by Jury	Style by Jury	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House	Divine Design
	35	TLC	521 560	Street Customs (N)		Heli-Loggers (HDTV) (N)		Street Customs (HDTV)		Heli-Loggers (HDTV)		Overhauled
	36	BRAVO	620 523	Glenn Gould: Hereafter (2005, Documentary)				Law & Order "Dazzled"		Without a Trace "Rage"		Rich in Love
	38	SPIKE	628 584	TNA IMPACT! (HDTV) (N)				CSI: Crime Scene Invstgtn.		MANswers	MANswers	UFC 95 Count.
	40	HIST	522 506	Deep Wreck Mysteries		NCIS "High Seas"		Ancestors	Ancestors	Lost Worlds		Engineering
cable variety	41	COM	626 547	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas			VIP
	43	SPACE	627 528	Star Trek: Voyager		Chuck (HDTV) (N)		Stargate SG-1		Star Trek: Next Gener.		Trek: Voyager
	44	WPCH	294 650	Friends	Friends	I Know What You Did Last Summer *	(1997, Horror)			Family Guy	Family Guy	Seinfeld
	46	OLN	411 457	Mantracker		Dog the Bounty Hunter		Survivorman Costa Rica.		Mantracker		Bounty Hunter
	48	TROP	619 525	What Happen?	What Happen?	Make or Break	Naked Fashion	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy
	50	STAR	621 527	etalk Winners	etalk	The Tonight Show-Jay Leno		TMZ	etalk	The View (HDTV)		Scoring-Stars
	52	HGTV	600 564	The Fix	Disaster DIY	Home to Flip	Real Renos	Holmes on Homes		The Fix	Disaster DIY	Home to Flip
	65	TLN	700 800	(6) Il Segreto del Successo		Raymond	Raymond	George Lopez	George Lopez	The Sopranos (SS)		Paid Program
	92	APT	269 350	Suaangan	Wapos Bay	By the Rapids	renegadeexpress	Cry Baby *** (1990, Musical Comedy)	Johnny Depp.			Rez Rides
	93	VISION	261 394	The Cutting Edge ** (1992, Romance-Comedy)				Poltergeist: The Legacy		The Cutting Edge ** (1992)		
cable variety	100	MTV	581 566	Making the Band 4 (N)		The Girls of Hedsor Hall		MTV Live	After	Making the Band 4		Hedsor Hall
	101	MM	570 580	America's Best Dance Crew		Degrassi: TNG	Degrassi: TNG	Springbreak.08		Pimp My Ride	Pimp My Ride	MuchVibe
	102	CPAC	512 396	(6) Primetime Politics		Tete a Tete		The Public Record		Primetime Politics		
	103	VIVA	526 507	Most Haunted		Passion	Homicide File	Psychic Inv.	Encounters	Judging Amy		Most Haunted
	106	RDI	126 730	Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal (SC)		Le Journal RDI	Le National	Le Téléjournal

critics'corner

ER It's Valentine's Day in the ER, and Neela (Parminder Nagra) seems to be under the spell of Dr. Brenner (David Lyons). Gates (John Stamos) treats a bizarre mushroom hunter who comes in on his wedding day with breathing problems, and Banfield (Angela Bassett) is determined to have a baby despite her husband's (Courtney B. Vance) misgivings. And Dr. Carter (guest star Noah Wyle) makes a surprise visit to the ER. 8 PM on CFRN



Silent Hill Arguably most identified by its striking ad campaign — showcasing a girl who's missing a mouth — this game-inspired melodrama casts Radha Mitchell ("Pitch Black") as a woman whose adopted daughter (Jodelle Micah Ferland) is prone to sleepwalk and, as she does, talks about a deserted mining town. They go there and, of course, find a lot more than they bargained for. Alice Krige and Sean Bean also star. 11 PM on SHOW



Justin Timberlake was in New York this week to debut his new collection for William Rast and had his biggest fan, girlfriend Jessica Biel, in the front row. "I'm excited to see the show," Jessica said as she hurried inside, intouchweekly reports. **METRO NEWS SERVICES**

Front-row fan

Celebrity Buzz

Eva claims to be 'pretty frugal'

IMAGE The ever glam Eva Longoria has revealed she's pretty frugal in real life, unlike her Desperate Housewives character, Gabrielle, femalefirst.co.uk reports. At the Matthew Williamson fashion show this week, she commented: "I've always been pretty frugal about everything I wear on the red carpet. I return it all the next day."

METRO NEWS SERVICES



Jen and Jolie may cross paths at last

SHOWDOWN It looks like Angelina Jolie and Jennifer Aniston may finally come face to face Saturday at the Night Before the Oscars party in Beverly Hills. And according to OK magazine, Aniston is ready for the showdown. "She has always known that this moment would happen and she's never been more ready to see her nemesis, Angie, in the flesh," a source tells the magazine.

METRO NEWS SERVICES



Guy's angry about having to re-shoot

BEHAVIOUR Guy Ritchie is reportedly furious over being ordered to re-shoot scenes for his upcoming film Sherlock Holmes starring Robert Downey Jr., according to the Sun. The paper says Warner Bros. executives were displeased with a cut of the film, and blasted one scene as being "ridiculously unrealistic."

METRO NEWS SERVICES



Octuplets' mom denies being obsessed with Jolie

LOOKALIKES Facing public outrage over revelations that she supports her family with the help of food stamps and claims that she is fixated with Angelina Jolie, Nadya Suleman tells People magazine that she's turning to "a greater strength" to cope with her sudden notoriety. People.com quotes the California mother of octuplets as saying she hopes the media frenzy

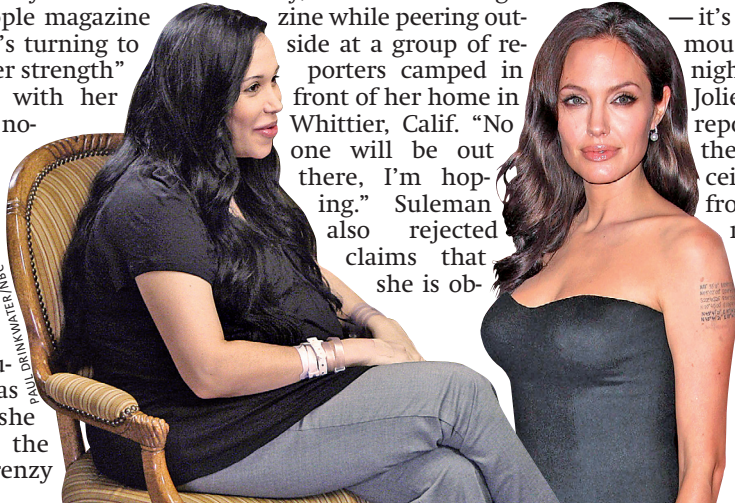
will soon die out and allow her to focus on raising her eight new babies, born Jan. 26, along with her six older children.

"Next week it will be okay," she told the magazine while peering outside at a group of reporters camped in front of her home in Whittier, Calif. "No one will be out there, I'm hoping." Suleman also rejected claims that she is ob-

essed with Jolie.

"All lies. I have no interest in her. None," she says. "I've never been a fan of anybody famous. Now I kinda have a taste. But it's not being famous — it's being infamous. It's a nightmare." Jolie's rep said reports that the actress received letters from Suleman are untrue.

METRO NEWS SERVICES



Taraji takes Brad home to meet her pals

CO-WORKERS Taraji P. Henson was so starstruck by her The Curious Case of Benjamin Button co-star Brad Pitt she invited him home to meet all her friends, femalefirst.co.uk reports.

The actress was convinced producers would turn her down for a role in the movie because they would want a "big celebrity" to appear alongside Pitt. She was shocked when she

landed the part — and even more surprised to learn the Hollywood megastar is "just a regular guy." Henson tells USA Today newspaper, "Three of my very best girlfriends flew into town and wanted to meet Brad Pitt."

"So I was like, 'Brad, come over."

My girlfriends are going crazy over you.' He comes over, and he's so cool. He has a way of being very warm and making people feel welcome."

The actress is currently enjoying the movie's success and she was rewarded with a best supporting actress nomination.

METRO NEWS SERVICES



SJP wants the next Sex and the City film to be a 'romp'

REUNIONS Sarah Jessica Parker says the next Sex and the City movie will be a "romp," femalefirst.co.uk reports. The actress, who is set to reprise her role as sex columnist Carrie Bradshaw, wants the script to be packed with steamy scenes and funny storylines. She said: "I think we want this one to be a romp. The last one, we got to tell a really mature sophisticated story that had real heartbreak in it, and this time, I think we want a romp. We want our audience to have a massive romp."

METRO NEWS SERVICES



Von Teese says she'll never put a man before her career

WORK Dita Von Teese has vowed never to quit her raunchy stage act for a man, insisting she'd rather give up on the relationship than her career, femalefirst.co.uk reports. The sultry striptease artist says previous lovers have let her down because they want her to sacrifice her job for the romance. She says, "To begin with, they all say how great (my career) is. But when it comes down to it, they want their careers to be more important than mine."

METRO NEWS SERVICES



Cruise family heads to Disney World

FAMILY Hollywood royalty met Disney royalty at the Magic Kingdom over the weekend, people.com reports. On Saturday, Tom Cruise, Katie Holmes, kids Suri, two, and Connor, 14, and Holmes' parents visited the Walt Disney World theme park, where they met princesses

Cinderella, Snow White and Aurora (a.k.a. Sleeping Beauty) at the Once Upon a Time Breakfast at Cinderella's Royal Table restaurant. "Suri was wearing a yellow dress like Belle from Beauty and the Beast," says a fellow diner. The family slipped into the restaurant relatively unnoticed as the princesses were being introduced to the crowd.

METRO NEWS SERVICES



Rourke says his dogs were there for him 'when no one else was'

FRIENDS Mickey Rourke, who thanked his dogs during his Golden Globes best actor acceptance speech, says his pooches received a shout-out for one simple reason: They were there for him during his darkest hour more than a decade ago, people.com reports.

"I sort of self-destructed and everything came out

about 14 years ago or so ... the wife had left, the career was over, the money was not an ounce," Rourke, 56, reveals during the Oscar night edition of The Barbara Walters Special, of which People has an exclusive preview.

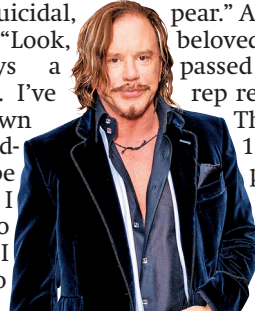
"The dogs were there when no one else was there." But the star of The

Wrestler says his split from ex-wife, actress-model Carre Otis, 40, further exacerbated his personal turmoil.

"What happened was, I was not in a really good place in my head and my heart, and I think when the wife left, it all came down and I didn't want to be here." But when asked

by Walters if, at the time, he was suicidal, Rourke said, "Look, there's always a weak way out. I've always known that. Yeah, I didn't want to be here, but I didn't want to kill myself. I just wanted to

push a button and disappear." Also, Loki, Rourke's beloved Chihuahua, has passed away, the actors rep recently confirmed. The dog, which was 18 years old, was photographed often on the red carpet with Rourke. **METRO NEWS SERVICES**



new

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Michele McDougall, Weather Specialist & Host – Breakfast Television
 “My favourite part is reporting the weather. It fascinates me, and as we know around here, it’s always changing, keeping forecasters on their toes.” **WEEKDAYS AT 6 A.M.**

Take Five

1	2	3	4	5	6	7	8	9	10	11
12			13				14			
15			16				17			
		18				19	20			
21	22			23		24				
25			26		27		28		29	30
31										
32			33		34		35		36	
37				38		39		40		41
			42		43		44		45	
46	47	48				49	50			
51					52		53			54
55										
56					57				58	
59					60				61	

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

2		4	6				3	
				5				
				9	3			8
4		9			7	2		
1		8				7		4
		7	3			9		1
6			9	4				
				7				
	5				1	4		6

Crossword across

- 1 Ain't no more
- 4 Hand warmer
- 8 Supermarket supply
- 12 Request
- 13 Taj Mahal city
- 14 Send forth
- 15 Easy field goal
- 17 Competent
- 18 Sajak or Summerall
- 19 Middle kid, in a sitcom
- 21 Pen VIP
- 24 Author Buscaglia
- 25 “I” strain?
- 26 Wish otherwise
- 28 Further down the page
- 32 99 of the 101 Dalmatians
- 34 Playground game
- 36 Rebuff a masher
- 37 Choppers
- 39 Aries
- 41 Lemieux milieu
- 42 Have 44-Across
- 44 Evening meal
- 46 Big con
- 50 — de deux
- 51 PBS science show
- 52 Hidden trigger
- 56 Hebrew month
- 57 Green land
- 58 Margery of rhyme
- 59 Money
- 60 Encounter
- 61 CBS logo

Crossword down

- 1 Servicewoman
- 2 Blond shade
- 3 Do some pre-bout exercise
- 4 Get down
- 5 “Blech!”
- 6 Gift-tag word
- 7 Deadly
- 8 Signal lights
- 9 Early pulpit
- 10 Underwater breathing apparatus?
- 11 Goblet part
- 16 Cushion
- 20 Mainlander’s memento
- 21 Sobbed
- 22 Malaria symptom
- 23 Enthusiast
- 27 Corn spike
- 29 Opposite result
- 30 “The Amazing —”
- 31 Unoriginal one
- 33 The Daily Show host
- 35 Petrol
- 38 Meccan pilgrimage
- 40 Snuffleupagus, e.g.
- 43 Tribe emblem
- 45 Manhandle
- 46 Hosiery woe
- 47 Protuberance
- 48 Elliptical
- 49 Soft cheese
- 53 Rage
- 54 Comedian Romano
- 55 Flock member

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

A	B	A		D	O	L	E		F	O	A	M
G	U	N		O	V	I	D		E	U	R	O
E	S	T		L	A	Z	A		R	E	T	T
S	T	E	A	L				M	O	B		
			N	A	B	S		B	L	U	S	H
	N	A	Z	A	R	E	T	H		E	S	A
I	V	E		S	T	R	A	P		E	V	E
S	E	T	S		H	A	Z	A	R	D	E	D
I	R	A	Q	I		W	E	N	D			
			U	T	E			O	A	S	I	S
G	A	Z	A	S	T	R	I	P		O	B	I
A	G	A	R		N	U	L	L		F	I	T
D	O	P	E		A	B	L	Y		A	S	S

7	3	9		4	8	2		6	5	1
8	6	4		5	1	3		9	7	2
5	1	2		6	7	9		8	3	4
4	7	8		3	9	1		2	6	5
1	9	6		7	2	5		4	8	3
2	5	3		8	4	6		1	9	7
9	8	1		2	5	7		3	4	6
3	4	5		1	6	8		7	2	9
6	2	7		9	3	4		5	1	8

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:	17-21 min	Smart
Under 13 min	Genius	
13-17 min	Scholar	
21-25 min	Not bad	
25+ min	Keep practising	

Metro Recipe of the Day



Italian Braised Beef with Garlic and Mushrooms

INGREDIENTS:

- 1/2 cup (125 ml) dried porcini mushrooms (1/2 ounce)
- 1 cup (250 ml) hot water
- 1 cup (250 ml) canned crushed tomatoes
- 1 cup (250 ml) dry red wine or chicken broth
- 2 tbsp (25 ml) tomato paste
- 3 carrots, cut into matchsticks
- 2 celery stalks, cut into matchsticks
- 4 garlic cloves, slivered
- 4 tsp (20 ml) brown sugar
- 3/4 teaspoon oregano
- 3/4 teaspoon salt
- 1/2 tsp (2 ml) black pepper
- 1 lb (500 g) well-trimmed boneless beef eye round roast

METHOD:

1. Combine mushrooms and hot water in small bowl. Let stand 20 minutes until softened. With fingers, scoop mushrooms out of liquid. Strain mushroom soaking liquid through fine-meshed sieve

- and set aside. Coarsely chop mushrooms.
2. Preheat oven to 350 F (180 C). Combine mushrooms, mushroom soaking liquid, tomatoes, wine, tomato paste, carrots, celery, garlic, brown sugar, oregano, salt, and black pepper in Dutch oven or flameproof casserole. Bring to a boil over medium heat.
3. Add meat to pan and return to a boil. Cover, place in oven, and bake until meat is tender, about 1-1/2 hours.
4. Slice meat and serve with vegetables and sauce. (Recipe can be made ahead. Add sliced meat to pan of sauce and vegetables and refrigerate. Reheat in 250 F/120 C oven).

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
 Your energy inspires others to get out of a rut. You'll pull off any last-minute plans with ease. You have the courage to speak the truth.



TAURUS
APRIL 21-MAY 21
 Your conscience is tugged after witnessing an injustice. Sometimes you just can't help other people. The best policy is to let sleeping dogs lie.



LIBRA
SEPT 23-OCT 23
 You'll get more happiness from telling the truth. A wicked woman has something to say about damages. Your passions must be controlled for now.



SCORPIO
OCT 24-NOV 22
 Don't let other people's fears scare you into making a mistake. You'll have to defend a reliable friend. Mind your manners and don't be bitter.



GEMINI
MAY 22-JUNE 21
 Someone tells you something you want to know. A trustworthy person discovers a personal weakness. Regrets will cause a friend to confess.



SAGITTARIUS
NOV 23-DEC 21
 You don't expect to be told what to do. Your talents lead you to better things. Pay attention to any doubts about a tempting fantasy.



CANCER
JUNE 22-JULY 22
 Discuss an agreement with a stable friend. Self-hypnosis will work for you. An optimistic woman wants you to change your habits.



CAPRICORN
DEC 22-JAN 20
 Your affection causes weird reactions. Ridiculous outrage will break out over a lost item. Strengthen others by sharing your deep thoughts.



LEO
JULY 23-AUG 23
 Tension crops up when someone is caught lying. Someone will bring out your wild side. Prepare to coach a besieged person through a crisis.



AQUARIUS
JAN 21-FEB 18
 An ally denies revealing his character flaws. Your brilliant ideas push the power of invention to new heights. A social event seems to be silly.



VIRGO
AUG 24-SEPT 22
 You'll get support for a planned venture. A quiet approach enhances your hard work. Someone's integrity is at stake in a wild love affair.



PISCES
FEB 19-MARCH 20
 Be a minimalist with your plans. A fierce person insists on deadlines being met. You must spend time with someone if you want to bond.



This day in history

- FEB. 19, 1878: The phonograph is patented by Thomas Edison.
- FEB. 19, 1945: World War II: Battle of Iwo Jima — about 30,000 U.S. Marines land on Iwo Jima.
- FEB. 19, 1985: Artificial heart recipient William J. Schroeder becomes the first such patient to leave hospital.
- FEB. 19, 1988: The Winter Olympics are held in Calgary.
- FEB. 19, 2002: NASA's Mars Odyssey space probe begins to map the surface of Mars using its thermal emission imaging system.
- FEB 19, 2008: Fidel Castro announces that he will resign as President of Cuba.

METRO NEWS SERVICES

WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

- Small lie about a tot's highchair wear (1)
- Blake's AAA handouts for routes (1)
- Stupid Clue game Professor (1)
- Exerciser LaLanne's floor coat (1)
- Insect stage wonder to behold (2)
- Broom riders' wall recesses (2)
- Pleasure boat captain's frogman's footgear (2)

ANSWERS: 1. LARVAL MARVEL 2. WITCHES NICHES 3. DUMB PLUM 4. JACKS WAX 5. LARBAL MARVEL 6. WITCHES NICHES 7. SKIPPERS FLIPPERS

2-19-09

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St-Albert Centre

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* Local airtime over the allotted monthly minutes in the monthly plan, long-distance and roaming charges and any additional options selected and applicable taxes are extra and are also billed monthly. Offers and pricing subject to change without prior notice. The "sweet deal" is only on new or renewing 2 year or 3 year agreements and includes a Hole's \$60 gift card redeemable only at Hole's in St-Albert (Alberta, CA) & a voucher for a box of chocolates valued at a \$21.99 from the Rocky Mountain Chocolate Factory in St-Albert Centre (Alberta, CA) only. Offers are valid until Feb. 16th, 2009 and only at the St-Albert Centre Fido corporate store. The Nokia 2760 price of \$0 is on a 2 year agreement at Fido. The Samsung i616 price of \$0 is with a 3 year voice agreement and a Windows mobile option. And the BlackBerry® Pearl™ Smartphone is on a 3 year voice agreement & a BlackBerry® Pearl™ Smartphone data plan. See in-store for more details.™ Fido & design and FidoDollars are trademarks of Fido Solutions Inc. © 2009 Fido Solutions Inc. BlackBerry®, RIM®, Research In Motion®, SureType®, SurePress™ and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world.